Integrated Services and Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

My LifeCourse School Portfolio

What people like & admire about me

What's Important to ME

How to Best Support ME

Access the LifeCourse framework and tools at lifecoursetools.com

Adapted from The Learning Community for Person-Centred Practice and Helen Sanderson Associates. http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/
**Journey through School**

**Past Life Experiences**
LIST past life experiences and events that supported your vision for a good life.

**Action Steps to the Future**
LIST current/future life experiences that continue supporting your good life vision.

**What I DON'T Want**
LIST the things you don’t want in your life...

LIST past life experiences that pushed the arrow toward things you don’t want.

LIST life experiences to avoid because they push you toward things you don’t want.